WHISPERS BENEATH THE NOISE

Stories of Courage, Scars, and Silent Battles Won

PREM PRIYANK

Title:
Whispers Beneath the Noise
Stories of Courage, Scars, and Silent Battles Won
Tagline:
“Every silent struggle holds the power to inspire change.”
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Design Notes (for layout, optional):

- Center the title at the top in a large, bold serif font.
- Place the tagline just below the title in italics, slightly smaller.
- Author’s name at the bottom center of the page in a clean font.
- Background can be subtle: half in shadow, half in sunlight, representing struggle and hope.

DEDICATION

This book is dedicated to every woman and child who has faced challenges in silence, whose pain often goes unnoticed, and whose resilience continues to shine despite adversity. You are the heartbeat of these stories, the inspiration that gave life to every word, and the reason this book exists.

To the mothers who labor tirelessly, often in the shadows, to protect and nurture their children; to the daughters who dare to dream in a world that sometimes dismisses those dreams; to the sisters and young women who fight daily against obstacles imposed by society, circumstance, or fear—this book is for you. Your courage, your patience, and your quiet strength are the true stories behind the tales that follow.

To the children who face neglect, exploitation, or injustice, yet hold on to hope with innocence and courage beyond their years—you are the sparks of change. Your laughter, curiosity, and resilience remind us that even in the darkest moments, the light of possibility shines brightly.

To the educators, social workers, activists, and everyday heroes who stand beside women and children, offering guidance, support, and protection—your efforts remind us that empathy, awareness, and action can transform lives. You give strength to those who have none and amplify voices that might otherwise remain unheard.

May these stories honor every struggle, recognize every act of courage, and celebrate every victory—big or small. May they remind readers that change begins when we listen, when we act, and when we refuse to let silence overshadow the voices that need to be heard. This dedication is a tribute not only to those who endure hardship but also to the enduring human spirit—the part of us that fights, hopes, heals, and rises again. May every reader carry a piece of this spirit into the world, and may the pages that follow inspire action, understanding, and compassion for all women and children.

EPIGRAPH

"The measure of any society is how it treats its women and children."
— Mahatma Gandhi

This quote serves as the guiding principle for the stories within this book. It reminds us that a society's greatness is not measured by its wealth, power, or technological achievements, but by the care, respect, and protection it extends to those who are most vulnerable. Women and children are the silent pillars of our communities—the nurturers, the dreamers, and the inheritors of our culture—and how we treat them reflects our collective conscience. In these pages, you will encounter stories that shed light on the struggles faced by women and children today: challenges born of inequality, injustice, neglect, and fear. Yet, beyond the hardship, these stories celebrate resilience, courage, and the power of hope. They show how, even in the darkest moments, human strength, compassion, and determination can rise to create change.

Let this epigraph serve as both a lens and a call to action. As you read the experiences and journeys of those who endure so much, may you recognize the need for empathy, the responsibility of society, and the courage that resides in each individual who dares to stand, speak, and fight for a better tomorrow.

This is more than a collection of stories—it is a reflection of our shared humanity, a tribute to the unyielding spirit of women and children, and a reminder that the path to a truly strong and just society begins with protecting and valuing those who are often unheard.

PREFACE

Every day, in every corner of the world, women and children face challenges that often go unnoticed. Their struggles are rarely spoken about openly, yet they shape lives, communities, and the very future of society. This book is an attempt to bring those voices into the light, to honor their resilience, and to show that even in the face of adversity, courage and hope can flourish.

I began writing these stories not as fiction, but as reflections of reality. Each narrative is inspired by real issues—ranging from domestic violence, harassment, and social inequality to neglect, lack of education, and mental health struggles. While these stories portray the harsh realities many face, they also highlight the pathways to overcoming these challenges. Every tale carries a lesson, a spark of hope, or a glimpse of empowerment.

Through this collection, my aim is not only to raise awareness but also to inspire action. Change begins when we acknowledge the problems, listen with empathy, and take responsibility to make a difference. These stories are meant to touch hearts, provoke thought, and encourage readers—especially the youth—to become agents of positive change in their own communities.

As a 15-year-old student from Sukhpur Village, Bihar, I have grown up observing the struggles and strengths of people around me. I have seen courage in silence, determination in the face of adversity, and hope in the smallest gestures. This book is my attempt to share those observations with the world, to give a voice to those who often remain unheard, and to inspire others to act with compassion and resolve.

May the stories in this book remind us all that the power to change lives lies not only in grand gestures but also in everyday acts of care, courage, and understanding. And may every reader find in these pages the motivation to listen, support, and stand beside those who need it most.

CHAPTER 1: MAA — THE FIRST SCHOOL WITHOUT WALLS

“BEFORE I EVER READ A BOOK, I READ HER EYES. BEFORE I LEARNED TO WRITE, I TRACED HER CALLOUSED HANDS. BEFORE THE TEACHER ENTERED THE CLASSROOM, SHE HAD ALREADY TAUGHT ME LIFE.”

A STORY FROM THE SOIL

In the forgotten folds of the Satpura range, where red earth kisses the sky and cell towers are still a rumor, there lives a woman named Kamli Bai. Her life is stitched together by droughts, borrowed seeds, and silent hope. But every afternoon, something magical happens outside her clay house.

With her saree's pallu tied tightly, she squats on the ground beside her daughter Chinki and son Tolu. She dips her fingers into a bowl of ash mixed with water and begins to draw — not rangolis for celebration, but letters, numbers, and dreams on a slate of hardened mud.

"'A' for Aanaj," she begins, sketching a wheat grain. "'B' for Bansi," she says, tracing a flute. The children repeat after her, their eyes filled with excitement.

Kamli Bai never went to school. Her own mother died giving birth to her last sibling. At 13, Kamli was married. By 15, she had her first child. And by 30, she had learned one truth: no one teaches poor girls — not the state, not society, not even time.

But Kamli refused to be erased. Her tools? Her memory, her imagination, and her mother’s lullabies. She transformed them into an alphabet, a moral compass, and a dream. Her daughter would not be a victim of hunger or marriage. She would be a graduate of the University of Motherhood.

This isn't fiction. This is a hidden truth in rural India — that before any classroom, before any syllabus, there is Maa: the First School Without Walls.

MY PERSONAL ENCOUNTER – THE LAP THAT TAUGHT ME

My story begins not in a village but in my own house. My mother never had the luxury of choice. She worked as a nurse, then came home to cook, help me with schoolwork, and somehow still be a shoulder to cry on. Only when I grew older did I realize that she was hiding her own tears.

During an NCC camp, I visited an Anganwadi in an underdeveloped part of my district. I expected to see dusty walls, rusted swings, and sleepy kids. But what I saw changed me. A mother named Barkha was sitting outside with her daughter. She was using bottle caps as counting tools and millet grains to teach colors. “Laal bajra — red grain,” she said, and the girl giggled.

I asked her, “Didi, who taught you this?” She smiled, “Maine toh kuch nahi sikha. Bas beti ko sikha rahi hoon.”

That day, I learned a bigger truth: Education isn’t a building. It’s a bond. A mother’s instinct is the first National Curriculum.

THE INVISIBLE CRISIS

Despite their unmatched influence, mothers are left out of India's formal development metrics. Here are some disturbing truths:

- 🔹 Maternal Illiteracy
  - Over 43% of rural women are unable to read a Class 5 textbook.
  - Illiterate mothers are 3× less likely to send girls to secondary school.
- 🔹 Health Injustice
  - 65% of pregnant women in rural areas suffer from iron deficiency.
  - Many can't understand prescriptions, dosage timings, or medical labels.
- 🔹 Economic Ignorance
  - A mother who can't read currency properly is vulnerable to fraud.
  - Only 9% of Indian women participate in formal financial savings plans.
- 🔹 Psychological Impact
  - Emotional stress of motherhood is invisible — especially in poor or widowed women.
  - There's no mental health support structure at village level.

India often says "Maa Bharati," but our policies rarely begin from her perspective.

GLOBAL INSPIRATION – WHAT THE WORLD IS DOING

Finland: Baby Boxes for Every Newborn
A box full of clothes, books, blankets, and a mattress is given to every mother — a starter kit for parenting, literacy, and hygiene.

Ethiopia: Mother Circles
Groups of mothers gather weekly to share stories, learn basic health care, and support one another emotionally and practically.

Chile: Reading in the Womb
Expecting mothers are given children's storybooks to read aloud even before birth — reinforcing the bond between voice, emotion, and learning.
India can go beyond all these by blending its emotional traditions with youth-led innovation.

SOLUTION - MAAPATHSHALA AND JANANI KITS

MaaPathshala – The Mother's Learning Circle
A monthly gathering for mothers in every panchayat/block. Conducted by:

- Local teachers, ASHA workers, or college youth.
- Topics:
  - Reading signs and symbols
  - Budgeting groceries
  - Basic nutrition
  - Storytelling to kids
  - Recognizing abuse signs in children

Why it works: It respects the mother's dignity, rather than "educating" her like a student. It's by mothers, for mothers, with children watching.

Janani Kits – Every Mother's Starter Gift
Distributed through schools, hospitals, and local youth groups:

- 1 Picture Book (folk stories, alphabet)
- 1 Nutrition Tracker (color-coded)
- 1 Health Card (with icon-based instructions)
- 1 Letter from a student:
- "Thank you for raising a new India. You are not alone."

Bonus: Local girls can help create these kits as a community project.

POETIC MONOLOGUE – “IN HER ARMS, BEGINS THE NATION”

She holds the hunger, not the harvest,
 She braids her dreams into her daughter’s hair.
 She walks miles not for luxury,
 But for learning that she never had a chance to share.
Her lullaby is a national anthem unheard,
 Her lap — a university with no name.
 In her arms, begins the nation,
 Before any law, school, or fame.
If you ask her for a degree, she’ll show you scars.
 If you ask her to sign, she’ll smile with apology.
 But if you ask her child who taught her to hope —
 That child will say: “My mother, my country, my world.”

Day-by-Day Action Plan

- Day 1: Interview your mother or grandmother. Ask her about her childhood dreams.
- Day 2: Write a letter of thanks to your mother. Read it aloud.
- Day 3: Visit a local Anganwadi. Donate a picture book or help with storytelling.
- Day 4: Help design or deliver one Janani Kit to a new mother.
- Day 5: Host a “MaaPathshala” demo in your school with 5 local mothers.
- Day 6: Share your experience on social media or write to your MLA/CM.
- Day 7: Start a “Roots & Wings Club” — for student-mother partnerships.

SURVEY AND DATA BOX

Indicator	Current (India 2023–24)	Vision 2047 Target
Rural Female Literacy Rate	57%	100% Functional
Pregnant Women with Iron Deficiency	65%	<15%
Mothers Able to Read Prescription Labels	~38%	90%
Women in “Learning Circles” or Groups	<2%	75%

CLOSING REFLECTION - UNSUNG BUT UNSHAKEN

Kamli Bai may never enter a university, but her daughter might own one someday.
Barkha might never be called a teacher, but her daughter may become a professor.
And my mother, who never asked for a medal, deserves a thousand — for every wound hidden behind her smile.
We talk of Digital India, Developed India, Make in India —
But it all begins with Made by Maa.

CHAPTER 2: A GIRL CALLED TOMORROW

"SHE WAS BORN WITH A SURNAME OF SILENCE, BUT NOW SHE SIGNS HER NAME IN SOLAR LIGHT."

THE GIRL WHO ESCAPED THE CAGE

In a village wrapped in mustard fields and old traditions, a 13-year-old girl named Rehana was being measured — not for a uniform, but for her wedding dress.

Her eyes were curious, her mind sharp. But all her future held was the date of marriage fixed after her first menstruation. Her father, a marginal farmer, believed he was doing the right thing. “Before dowry increases,” he said, “let her go.”

Rehana didn’t cry. She watched. She waited.

A week before the wedding, she ran. Not to the city. Not to an NGO. She ran to her school.

The headmaster, shocked, listened to her plea: “Let me be something before I become someone’s wife.”

That night changed not just Rehana’s life, but her entire village.

She was enrolled in a solar training program run by a district innovation scheme.

In two years, she assembled solar lanterns, taught others, and powered up homes that used to sleep in darkness.

Today, at 18, she teaches girls from neighboring blocks — but not just science. She teaches how to say "No" before the world forces a "Yes."

MY REFLECTION: WHEN I MET A GIRL LIKE HER

I met a girl like Rehana in a skills fair organized by a local NGO. She was demonstrating a solar cooker she had built using glass, tin, and discarded mirror pieces.
I asked her, “Where did you learn this?”
She replied with pride: “In the night school — the same time my friends were getting married.”
She didn’t know the names of all chemical reactions. But she knew what heat could do. She had learned how to transform pain into invention.
That’s when I realized — every girl carries a light. It’s just that the world often forgets to connect the wire.

THE EVERYDAY EMERGENCY: CHILD MARRIAGE IN INDIA

Despite laws, awareness, and schemes, India is home to the highest number of child brides in the world.
Statistics That Break the Heart

- 1 in 4 girls in rural India is married before the age of 18.
- In some tribal belts, it begins as early as 13.
- Only 27% of rural girls complete high school.
- 70% of child brides drop out permanently.

These are not just numbers — they are stolen scientists, poets, doctors, and pilots.

BREAKING THE CYCLE: THE ROLE OF MOTHERS, TEACHERS, AND YOUTH

What stops Rehanas from rising?

- Silence of mothers who were once child brides themselves.
- Fear of shame in families — what will people say?
- Lack of school-to-skill bridges in rural areas.
- No platforms for girls to visualize their future.

What can change it? A revolution led by the youth. By us.

MY INNOVATION: “DREAM CARDS” FOR EVERY GIRL

We all know what report cards are — they record what we did.

But what if we had Dream Cards — that recorded what we wanted to become?

What is a Dream Card?

A hand-drawn, color-rich card designed by each girl with:

- Her name, dream, and inspiration
- A drawing of her dream life
- A space to sign her own name — not for marriage, but for mission
- A guardian signature (teacher/mentor/family friend)

These cards can be:

- Displayed at schools, creating motivation
- Carried into meetings with NGOs/officials
- Stored at Anganwadis as part of their identity

Why It Works: Most girls drop out not because of exams, but because they can't imagine a future. The Dream Card becomes a declaration of identity, not just potential.

REAL INSPIRATION: A GIRL FROM MY DISTRICT

In my town, there was a girl named Savita, who used to work in fields during the day and attend evening classes. When asked what she wanted to become, she said, "police."
We helped her draw a Dream Card — in it, she wore a khaki uniform, holding her head high.
That card was shown to the local collector during a campaign.
Months later, the district approved a girl's cycling club and an awareness drive on child marriage. Savita became its leader.
Sometimes, a crayon dream can move more mountains than formal petitions.

THE HIDDEN CRISIS

Despite progress, here's the truth we often forget:

- One in three girls in rural India drops out before Class 8.
- 30% of adolescent girls face iron deficiency, impacting cognitive growth.
- Menstrual taboos still prevent school attendance for 5–7 days a month.
- Child marriage, though illegal, still affects 23% of girls aged 15–19 in pockets of India.

Tomorrow is endangered not by lack of dreams, but by lack of dignity.

A VISION: THE "GIRL FORCE" MOVEMENT

Let's imagine a movement where every school becomes a Launchpad of Tomorrow.

Not just for reading and writing, but for:

- Confidence
- Critical Thinking
- Civic Power

I propose a three-layer solution:

i. DASTAK Circles (Daughters Asking Society To Act Kindly)

- Monthly safe-space meetings led by senior girls
- Discussions on periods, law, leadership, health, and role models
- Hosted in schools, temples, panchayat halls

ii. Lal Lakir Project (The Red Line Against Early Marriage)

- Youth-led pledge drive
- Graffiti walls where girls write their dreams: “Doctor”, “Artist”, “IPS”
- If someone tries to marry them off early, the village knows who’s crossing the red line

iii. Digital Dowry: A Tablet, Not a Tambola Set

- Partnerships with CSR bodies and ed-tech firms
- Every Class 9 girl in backward blocks receives a solar-charged tablet
- Youth volunteers offer one-month tech training

DIALOGUE FROM THE GROUND

Teacher: “What is your biggest dream?”
Rani, Class 6: “To study until I don’t need to beg my uncle for permission.”
Teacher: “And your biggest fear?”
Rani: “That my dreams will get married before me.”
These words need no translation.
They cut through policy and reach the conscience.

Rwanda: Coding for Girls

- “Girls Can Code” initiative brings technology labs to rural girls.

Bangladesh: BRAC Girl Power Clubs

- Safe spaces for girls to discuss rights, health, skills — reducing child marriage by 42% in some zones.

Afghanistan (pre-2021): Mobile Libraries

- Bicycles were turned into book carts that visited girls in far-off villages.

India has the potential to go further — by involving its young citizens in designing change.

POETIC MONOLOGUE: "LET HER NOT BE WED TO FEAR"

Let her not be wed to fear,
Or to customs worn thin with time.
Let her be married to her own voice,
To the syllabus of stars and science.
Let her carry not dowry but books,
Not bangles but blueprints.
Let the priest tie the knot
Between her mind and the mission she carries.
Let her not be the shadow of shame,
But the sunrise of a silent revolution.

POEM: "A GIRL CALLED TOMORROW"

SHE WALKS WITHOUT SHOES,
BUT DREAMS WITH LIGHTNING IN HER STEP.
HER EYES DON'T WAIT FOR SUNRISE,
THEY CARRY A SUN WITHIN.
SHE DOESN'T ASK THE NATION TO CARRY HER,
SHE ONLY ASKS IT NOT TO BLOCK HER ROAD.
BECAUSE SHE IS NOT A BURDEN,
SHE IS THE FUTURE TRYING TO ARRIVE.

What can you — a young person — do?

- Talk to five girls in your school or neighborhood. Ask them about their dreams. Write it down. Publish it in a handwritten bulletin.
- Organize a DASTAK meet-up. One circle, one conversation, once a month.
- Pledge against gender teasing, early marriage, and period shaming. Start the change where you are.
- Celebrate Girl Day (October 11) in your school with speeches, debates, and father-daughter storytelling.

7 Ways to Stand With Girls Like Rehana

1. Make a Dream Card for a girl in your locality or school.
2. Organize a “Dream Circle” where girls draw, write, and speak their aspirations.
3. Adopt a girl’s education — help her get books, shoes, or a cycle.
4. Talk to parents in your colony/village about why delaying marriage changes everything.
5. Write to your MLA/DM suggesting a Girls Innovation Hub.
6. Connect with an NGO that supports girl education and offer voluntary help.
7. Make a video campaign: “I Choose Dreams, Not Dowry.”

DATA BOX

Indicator	Status (2024)	National Vision 2047
Rural Girls School Dropout	32%	<5%
Iron Deficiency in Adolescent Girls	30%	<10%
Access to Menstrual Hygiene Products	57%	100%
Child Marriage (15–19)	23%	0%

CLOSING REFLECTION

A Name Signed in Light

Rehana’s real success isn’t that she became a solar engineer. It’s that she now teaches 200 girls how to wire their own futures.

She once said:

“Everyone told me to be practical. But I chose to be powerful.”

Let us create a world where every girl can say this.

Let the next generation of daughters be introduced not as “someone’s bride” — but as engineers of India’s tomorrow.

LAST REFLECTION

A girl called “Tomorrow” knocked at our door.
Will we pretend we didn’t hear it?
India does not rise with GDP.
India rises when its daughters are not hidden behind veils of shame, fear, or silence.
And those daughters are not liabilities —
They are architects.
They are warriors.
They are the face of the new Republic.

CHAPTER 3: "NUTRITION IS NOT A PRIVILEGE"

"IF YOU WANT TO ELIMINATE HUNGER, EVERYBODY HAS TO BE INVOLVED."
— BONO

THE FORGOTTEN PLATE: AN UNTOLD STORY

In a silent tribal village nestled in the hills of Latehar, Jharkhand, something unforgettable happened.

A 7-year-old boy collapsed during the morning prayer in school. The teacher ran to help, thinking he had epilepsy. But no—it was hunger.

His last meal was the previous afternoon's rice water. At home, there was no grain left. His mother, a quarry worker earning barely ₹80 per day, had given him half a biscuit with salty water before sending him off.

When asked gently what he had eaten, the boy whispered:

"Only this much love was available yesterday, sir."

How do you respond to a sentence like that?

India, the land of moon missions and billionaires, where temples are made of gold, and malls sparkle with glass domes—still lets its children eat shadows.

This is not a failure of policy.

It is a failure of national imagination.

WHY THIS CHAPTER MATTERS

This chapter is not about food. It’s about human dignity.

Nutrition is not a luxury. It is the right of every child, woman, and citizen.

Startling Facts:

- 1 in 3 Indian children is underweight
- 52% of adolescent girls are anemic
- Over 60 million children suffer from stunted growth
- India ranks 107 out of 121 on the Global Hunger Index (2023)

What does this mean?

It means a hungry child cannot focus.

A mother without iron cannot carry life.

And a nation that ignores hunger is worshipping a hollow flag.

A PERSONAL ENCOUNTER: THE EMPTY TIFFIN BOXES

During a school visit in my own district, I asked students to open their tiffin boxes.

- 2 children had cooked vegetables and chapati.
- 5 had plain rice from the night before.
- 4 had nothing but water or salt.
- 1 boy had an empty steel box.

When I asked him why he carried an empty tiffin, he said:
“So my friends don’t pity me.”
I was 13 then. That day, I walked home and skipped lunch.
Not out of protest—but out of shame.
Shame that our system has accepted this as normal.
I promised myself that when I grow up, I won’t become a silent citizen—I’ll become a Nutrition Warrior.

Nutrition is not just food.
It’s the foundation of childhood.
Without it, no dream can grow.
And yet:

- Every third Indian child is underweight.
- 1 in 2 adolescent girls is anemic.
- More than 60 million children in India are stunted due to poor nutrition.

The brain of a malnourished child shrinks in power.
The heart of a malnourished nation shrinks in courage.

WHAT CAUSES THIS HUNGER?

Economic Gaps:

- Daily wages below ₹150
- Drought-affected agricultural villages
- Lack of gas cylinders (women cook less due to firewood shortage)

Social Taboo:

- “Feeding girls is less important”
- “Iron tablets cause infertility” (myths among adolescent girls)
- Food-sharing hierarchy in poor families: father > son > daughter > mother

Lack of Awareness:

- Most families don’t know that moringa, amla, curry leaves, and jaggery are better than expensive biscuits.
- They think nutrition is expensive.

This is not just a nutrition problem. It’s a nation-building problem.

MY YOUTH-LED PLAN: THE “NUTRITION WARRIORS” MOVEMENT

A mission that places students at the center of India’s nutrition revival.

A. Tiffin Tracker Movement

- Monthly student-led observation in each classroom
- Children anonymously log what they ate
- Youth volunteers identify patterns of consistent hunger
- Connect with local Anganwadis, midday meal kitchens for support

B. Pehli Rasoi Campaign (First Kitchen)

- High school girls and boys collect low-cost, high-nutrient traditional recipes from their mothers and grandmothers
- Compile a regional "Nutrition Nani Book"
- Distribute free at health camps, school fests, and ration shops

C. Sunday Seeds Program

- Each student grows 2–3 nutrition plants in vertical gardens or pots
- Encourage Spinach, Sweet Potato, Moringa, Coriander, Tulsi
- Set up “Mini Angan Gardens” in schools
- Create “Nutrition Rangers” badges for active students

INDIA’S SILENT HUNGER MAP

RegionMalnutrition RateYouth-Volunteer Presence
Bihar
42% stunted children
Low
Odisha
38% underweight
Medium
Maharashtra tribal belt
45% wasting in children
Very Low

MY DREAM: FROM TABLES TO TABLETOPS

I dream of a nation where no schoolbag is heavier than a stomach.
Where NCC, NSS, and Scouts make nutrition their new battlefield.
Where a 13-year-old child can say:
"Yes, I helped grow spinach that fed 10 families."
If we can launch satellites to Mars,
We can surely ensure one full plate per child.

I dream of a Bharat where no schoolbag is heavier than a stomach.
I dream of children who say,
“I helped grow spinach that fed ten families.”
Let every Republic Day march include Nutrition Warriors.
Let every Independence Day pledge include zero hunger in school zones.
Let every youth become a seed-planter, a recipe collector, and a dignity defender.

STORIES FROM THE GROUND

Meena, age 8 (from a village in Odisha):
“When I eat school food, I feel I can run faster than boys.”
Her father, a laborer:
“I didn’t know she was so weak… I only realized when her eyes stopped shining.”
This is the face of hunger. It has no caste, no religion, no language.
It only asks one question:
“Do you care enough to help?”

THE VOICE OF A CHILD

Meena (age 8):
"When I eat school food, I feel like I can run faster than the boys."
Her father:
"She never told me she was hungry. I only noticed when her eyes stopped shining."
We need policies, yes.
But we also need eyes that notice and hands that act.

POETIC MONOLOGUE: “THE NATION THAT FORGOT TO EAT”

They taught her alphabets,
But her notebook tasted of hunger.
They told him to dream,
But his belly growled louder than ambition.
The school bell rang,
Not with joy, but with fear:
“Will there be food today?”
They built towers of glass,
But forgot the kitchens of the poor.
Oh Bharat, beloved mother,
Feed your children first—
Before you feed your pride.

What YOU can do today as a student or child leader:

- Start “Tiffin Talks” in your class. Share healthy local recipes once a week.
- Collect 10 grandmother recipes and make a class recipe wall.
- Grow one edible plant in a pot or bottle. Name it. Care for it.
- Create a “Nutrition Diary”—track your meals and help a friend do the same.
- Write a letter to your school asking for an extra banana or egg in midday meals.

FINAL NOTE: THE JUSTICE OF THE STOMACH

Nutrition is not an act of kindness—it is an act of justice.
This chapter is not written by me alone. It’s written by:

- Every mother who gave up her portion for her child.
- Every girl who fainted in school but blamed the sun.
- Every student who carried an empty tiffin with pride, not pity.

We, the youth of India, must be the generation that refused to normalize hunger.

CHAPTER 4: "MOTHERS ARE THE FIRST COUNTRY"

"IF YOU WANT TO SEE THE SOUL OF A NATION, LOOK INTO A MOTHER'S EYES."
— PREM PRIYANK

THE FORGOTTEN WOMB

In a remote village in Bundelkhand, Savitri Devi walked 3 kilometers while in labor. She bled on the side of the road waiting for an ambulance that never arrived. She gave birth under a banyan tree. Her child survived. She didn't.

Her village mourned her quietly. But the news never reached Delhi.

Savitri's story is not rare. In India, a woman dies every 15 minutes due to pregnancy-related causes.

We speak of rockets, reforms, and revolutions,
Yet we still haven't built a nation where childbirth is safe, respected, and equal.

WHY THIS CHAPTER MATTERS

Motherhood in India is often romanticized but rarely respected.

Women are expected to sacrifice — their food, rest, careers, voices — and be grateful for it.

But here is the truth:

- India contributes 15% of global maternal deaths.
- Rural women face 3x the risk of dying during childbirth.
- Only 51% of women receive adequate prenatal care.

And what do we call it?

"God's blessing."

But how can we call it a blessing when it's often a battle for survival?

MY ENCOUNTER WITH A BRAVE MOTHER

During my work in rural Bihar, I met Kamala Ji, a widowed mother of four.
Her youngest child was born premature.
She had no help, no hospital, and no husband.
When I asked her how she survived, she said:
“I kept my baby warm by holding her against my chest and praying.”
I saw in her the strength of a thousand soldiers.
She wasn’t a recipient of help.
She was a warrior without an army.

THE "MAA SURAKSHA SENA" PLAN

A youth-driven, village-led model to make maternal health a national movement.

A. Birth Dignity Cards

- Every pregnant woman receives a Youth-Designed “Dignity Passport”
- Contains rights, diet needs, contact numbers, and birth plan
- Assigned a “Swasthya Saathi” (a student volunteer or NCC cadet)

B. Janani Chaupal (Monthly Mother's Circle)

- Monthly village gatherings for expectant/new mothers led by girls from Classes 9–12
- Local nurse/ASHA answers questions with zero judgment
- Stories, nutrition tips, songs, and mental health talks included

C. Cycle for Life: Youth Ambulance Force

- In areas with no ambulance access, youth provide emergency cycle/trolley rides
- Supported with mobile app SOS
- "Rakshak Badges" awarded to student volunteers

THE UNHEARD CRIES

In one tribal village, a mother whispered:
“We bleed, and no one listens.”
So I ask today:
If a soldier at the border gets a medal for courage,
Shouldn’t a mother in a hut delivering a baby without light or doctor
Deserve a nation’s salute?

WHAT THE NUMBERS DON'T SHOW

IndicatorUrban AreasRural/Tribal Areas
Institutional Deliveries
88%
56%
Access to Emergency Care
High
Very Low
Youth Involvement
Almost None
Almost None

We often focus on the economy, tech, and politics.
But the real economy is born in wombs — often in silence, often in pain.
We must make mothers the center of national planning.

MY DREAM: FROM CRADLE TO CONSTITUTION

I dream of a Constitution that includes a line:
“The dignity of every mother is the foundation of the Republic.”
Because when a mother survives,
A family survives.
When a mother thrives,
A nation thrives.

POEM: "SHE WAS THE FIRST NATION"

She walked barefoot with the Himalayas in her spine,
Holding a life inside, yet told she was weak.
She cried out in pain, but the village just yawned,
“Another birth,” they said. “Another mouth to feed.”
But in her scream was thunder.
In her blood was the anthem.
She, who births the flag,
Deserves more than silence.

YOUTH ACTION KIT

- Start a “Mother’s Journal” Project in your school:
- Interview 5 mothers about their pregnancy stories. Publish online or in wall magazines.
- Join/launch Birth Dignity Clubs.
- Support 1 rural mother with information, checklists, or even transport help.
- Make “Cradle Kits”:
- With soap, cloth, sanitary pads, and a thank-you note — to be distributed in government hospitals
- Host Janani Smaran Week annually in schools to celebrate motherhood with respect, health camps, and youth pledges.

FINAL NOTE

WE SALUTE PATRIOTS WHO DIE FOR THE COUNTRY.
BUT WHAT ABOUT THOSE WHO GIVE BIRTH TO IT?
MATERNAL HEALTH IS NOT A WOMAN’S ISSUE.
IT IS A NATIONAL EMERGENCY.
IF THE NEXT FREEDOM MOVEMENT MUST BEGIN,
LET IT BEGIN IN THE BLOOD-SOAKED SILENCE OF INDIA’S DELIVERY ROOMS.
LET IT BEGIN WITH US.
LET IT BEGIN NOW.

CHAPTER 5: “VOICES THAT MENSTRUATE”

“PERIODS ARE NOT A PROBLEM. SILENCE IS.”
— PREM PRIYANK

THE WHISPERING WOUND

She sat on a stone near the school gate, red blot on her uniform, crying.
Her name was Munni, a 13-year-old girl from a government school in Jharkhand.
When I approached her, she said,
"I'm cursed. My teacher told me not to touch the gods today."
I handed her a pad and said gently,
"No, Munni. You are not cursed. You are powerful. You are the reason life exists."
Her tears didn't stop, but something changed. She stood taller.

WHY PERIODS MATTER FOR NATIONAL GROWTH

We talk of GDP, innovation, and development.
But what about the 12 crore girls in India who go through menstruation?

- 70% of girls have no idea what menstruation is when they first experience it.
- Nearly 23 million girls drop out of school annually due to lack of menstrual hygiene.
- Pads are still unaffordable for over 60% of Indian girls.

Imagine India's future being flushed away every 28 days, not because of biology — but because of shame.

BREAKING THE RED WALL: MY EXPERIENCE

During a health camp I helped organize in rural Uttar Pradesh, I saw a mother burning her daughter's stained cloth.
"Why?" I asked.
She whispered, "If someone sees it, we won't get a rishta (marriage proposal)."
That night I realized: menstruation was not just a physical reality,
it was a cultural prison.

FROM TABOOS TO TRIUMPHS: THE “LAL UDAAN” PLAN

Let’s make Periods a Pride, not a Punishment.

A. Lal Udaan Clubs (Red Flight Circles)

- School-based support circles led by trained boys and girls
- Monthly sessions with nurses, teachers, and even artists
- Safe space for questions, jokes, and dignity

B. Period Pad Banks

- Youth-run initiative to collect and distribute sanitary pads
- Sponsored by schools, local businesses, or even student pocket money
- Special drives during Independence Day and Republic Day as a tribute to “freedom of the body”

C. Red Ribbon Certificate for Youth Champions

- Boys and girls who help break taboos get certified by their school’s health committee
- Recognized publicly to normalize male participation in menstrual awareness

MENSTRUATION ≠ POLLUTION

Why do temples ban menstruating women but worship Goddess Durga with red sindoor?
Why is red sacred during marriage, but sinful during menstruation?
We have built bridges to Mars,
But we still hide sanitary pads in newspaper wrappers like smuggled drugs.
It's time to ask:
Are we afraid of blood —
or afraid of truth?

YOUTH VOICE: ANJALI'S REBELLION

Anjali, a Class 10 student from Bihar, once stood up in her class and said:
"If anyone laughs at a girl with a stain, you're laughing at the reason you exist."
She went on to start a group that stitched reusable pads from old clean clothes and distributed them across 6 villages.
She didn't just change periods.
She changed people.

Here are real steps you can take:

- Organize a “Menstrual Literacy Day” in your school — include boys, parents, and local leaders
- Run a “Pad Peti” Box Program in community centers or temples
- Host Red Wall Art Exhibits where students create murals on menstrual dignity
- Write Period Diaries — anonymous stories read out loud in assemblies to normalize dialogue

POEM: “MY BLOOD IS NOT A SECRET”

My blood is not a whisper.
It is the sound of rivers that gave birth to nations.
My stain is not shame,
It is the red dot that marks every new beginning.
Hide it not.
For in hiding,
We bury more than cloth —
We bury girls.

Let us redefine patriotism:

- Not just saluting soldiers,
- But saluting young girls who dare to sit in classrooms even while bleeding in silence.

Let India become a place where no girl says,
"I missed school because I menstruated."
Instead, she will say:
"I led my school's period pride club."

FINAL MESSAGE

India's future will not rise on steel and concrete alone.
It will rise when every drop of blood — on battlefields and in school toilets — is honored with dignity.
And it begins with us — the youth, the torchbearers of change.

CHAPTER 6: “THE GIRL WHO FED THE NATION”

“YOU CANNOT BUILD THE FUTURE ON AN EMPTY STOMACH.”
— DR. M. S. SWAMINATHAN

THE GIRL WITH A STEEL PLATE

In a tribal village in Odisha, 11-year-old Kunti stood at the front of the Anganwadi line, clutching a steel plate.
She whispered, "Today I'll get egg curry."
But the curry was finished before her turn.
She walked home, quietly licking the spoon — not out of joy, but memory.
I met her during a youth survey on rural nutrition. That day, I learned something deeper than any textbook:
Malnutrition is not only hunger. It is humiliation.

THE INVISIBLE CRISIS: HIDDEN HUNGER IN INDIA

India is growing rockets, satellites, and AI models.
But every second child in India is undernourished.

- 35% of Indian children are stunted (too short for their age)
- Over 50% of adolescent girls are anemic
- Even overweight children can be malnourished due to junk food diets
- Iron, zinc, Vitamin A, and folate deficiencies are silently stealing futures

This is not just a health crisis —
It is a national emergency in slow motion.

MY TURNING POINT: THE EMPTY TIFFIN BOX

In my own school, a boy fainted during morning assembly.
The nurse discovered he had not eaten for 3 days.
His father, a rickshaw driver, had lost his daily income during COVID.
Since then, I started my own initiative called “Tiffin Bank.”

- Students donated extra lunch items into a shared box
- Each day, our volunteers discreetly delivered it to students in need
- No labels. No shame. Just food. Just dignity.

SMART PLATE, STRONG NATION: NEW IDEAS BY YOUTH

A. Swasth Tiffin Movement

- Youth can build school-level “Tiffin Innovation Labs”
- Each student brings a homemade dish and learns about balanced nutrition
- Rotate traditional recipes from diverse cultures to promote regional pride + health

B. Nutri Raths (Nutrition Carts)

- A solar-powered mobile van run by local youth in slums and villages
- Serves 3-day-a-week fortified meals + education material on nutrition
- Trains local girls in meal prep and entrepreneurship

C. Food Forest Clubs

- Youth-led gardens in school backyards using permaculture
- Grow leafy greens, fruits, and herbs — and donate produce to midday meals
- Students earn points for volunteering, used as extra-credit for school projects

WHAT GIRLS EAT DECIDES WHAT INDIA BECOMES

Did you know that a girl's nutrition between age 10–19 determines:

- Whether she completes school
- Whether she becomes a mother safely
- Whether the next generation is born healthy

So if we want to build a strong India in 2047, we must start feeding our girls today.

STORY OF CHANGE: "RANI'S RASOI"

Rani, a 16-year-old girl from a small town in Madhya Pradesh, used her birthday money to buy vegetables and cooked "Rani's Rasoi" for 12 underprivileged kids.

She didn't stop there. She taught those kids how to cook, budget, and understand food groups.

Today, her rasoi has become a Sunday tradition in three towns, run by youth volunteers.

She didn't need a government.

She needed a stove, a heart, and a dream.

POEM: “EMPTY PLATES, HEAVY DREAMS”

In a world of shiny towers,
A girl eats salt on rice.
She dreams not of stars,
But of lunch tomorrow.
Fill her plate,
And she will fill our skies.
Feed her today,
And she will feed the nation forever.

YOUTH CALL TO ACTION

- Organize Tiffin Swaps: where students exchange meals and discuss nutrition
- Start a Micro-Garden Club: Even a terrace can grow enough spinach for 20 kids
- Create a Digital “Nutrition Diary” App where students record daily food intake
- Host “Food Story Days” where grandparents share tales about traditional foods and health

FROM HUNGER TO HONOR

When India honors astronauts, poets, and CEOs —
we must also honor that girl who cooked meals for her hungry classmates.
Feeding is not charity.
Feeding is nation-building.

FINAL MESSAGE

Let every youth reading this say:
“If there is a hungry child in my village, I will not eat in peace.”
“If there is a girl who skips school for lack of iron, I will raise my voice.”
This is not just a book.
This is a revolution on a plate.

CHAPTER 7: "THE INHERITANCE OF SILENCE"

"OUR LIVES BEGIN TO END THE DAY WE BECOME SILENT ABOUT THINGS THAT MATTER."
— MARTIN LUTHER KING JR.

A SECRET CARRIED IN A SCHOOLBAG

She was just 10.
Her grades dropped. She stopped speaking.
She stopped smiling. She started avoiding the playground.
When I volunteered in her government school as part of a child well-being survey, I discovered the unspoken truth.
She was being abused by a relative.
She didn’t know what to call it.
She only said:
"I thought I did something wrong."
That day, I understood:
Silence is inherited when we don’t teach children their rights.

THE DARK REALITY WE REFUSE TO DISCUSS

- According to NCPCR, over 50% of Indian children report facing some form of sexual abuse.
- Most abuse happens in safe spaces — home, school, or by known persons.
- Children don’t report due to shame, fear, or because they don’t even know it's a crime.

And so the cycle of silence continues, generation after generation.
We teach children how to multiply, but not how to say:
“No.”

“A” IS FOR APPLE, “C” IS FOR CONSENT

A powerful youth-led change begins with education.
Imagine if, in every school:

- Class 1 students are taught: “Your body belongs to you.”
- Class 3 students learn: What is safe and unsafe touch.
- Class 5 students are taught: Consent and how to say no, loudly.
- Class 8 students can access peer counselors trained by NGOs.

Safe childhood begins with empowered education.

MY INITIATIVE: PROJECT "SUNO TO SAHI"

I began a campaign called “Suno To Sahi” (If You Listen, You’ll Know).

- We created audio stories voiced by students in multiple languages — Hindi, Odia, Bhojpuri — describing child abuse situations in coded storytelling.
- These were played in village fairs, Anganwadi centers, and morning assemblies.
- We added a toll-free helpline at the end of each recording.
- Our motto:

“Tell a story. Save a child.”

THE CONSENT WALL

One of our most powerful events was held in a school in Uttar Pradesh:
We set up a “Consent Wall.”
Each student wrote on a post-it:

- “What I’m uncomfortable with…”
- “What I wish adults knew…”
- “What I want to say but can't.”

By the end, the wall was covered in tears, truth, and courage.

STORY OF STRENGTH: “PINK UMBRELLA GIRL”

12-year-old Riya was followed every day on her way home.
She stayed silent for 3 months.
Until one day, she took her pink umbrella, hit the man with it, and shouted,
“Don't touch me again!”
That umbrella became a symbol of resistance in her town.
Today, she runs a club for girls called "Umbrella Warriors" — they teach self-defense, body rights, and how to speak up.

TOOLS YOUTH CAN BUILD

- SafeSpeak App – a voice-activated, offline complaint box where students can record a private message if unsafe
- Red Ribbon Circles – weekly safe-space circles for girls and boys to share, learn, and support each other
- Consent Comics – illustrated stories about body safety, customized for different age groups and printed in local languages
- Buddy Guard Programs – older students trained to watch out for signs of abuse in juniors and refer to authorities

POEM: "SILENCE IS INHERITED"

- She kept quiet,
- Because her mother kept quiet.
- Her mother kept quiet,
- Because her grandmother couldn't speak.
- The silence grew louder
- Than screams.
- Until one girl
- Whispered:
- "No more."

YOUTH ACTION PLAN

If you’re a student reading this:

- Demand that your school has POCSO awareness workshops every term
- Start a “Voice Room” in your school — a suggestion box, peer talk corner, or even a digital survey
- Partner with local child welfare NGOs to run joint campaigns
- Ensure your school displays child helpline posters (1098) visibly on every floor

FINAL MESSAGE

The child who speaks up today
saves a thousand children tomorrow.
Let us break the chain.
Let us rewrite the inheritance.
Let us build a generation that doesn't just study laws —
but knows how to live with dignity.

CHAPTER 8: “CODE OF COURAGE”

"TECHNOLOGY IS BEST WHEN IT BRINGS PEOPLE TOGETHER, NOT WHEN IT TEARS THEM APART."
— MATT MULLENWEG, FOUNDER OF WORDPRESS

THE INVISIBLE BATTLEFIELD

They don’t wear army uniforms.
They don’t carry guns.
They carry… smartphones.
And every day, they face:

- Cyberbullying
- Online blackmail
- Fake news manipulation
- Sextortion
- Data theft

Yet no one teaches us this in school.
This chapter is for every child who is told,
“It’s just online, not real.”
Because yes, it is real.
And youth can lead the revolution of cyber courage.

FROM VICTIM TO CYBER WARRIOR

In my NCC camp, one cadet was cyberbullied with morphed photos.
Instead of quitting, she reported it, filed a case under IT Act, and later:
She became the cyber ambassador for her district.
I realised something:
You don’t need a cape to protect your people — sometimes, all you need is a firewall and courage.

WHAT WE’RE NOT TAUGHT

India has over 70 crore internet users, but how many:

- Know about Section 66E of the IT Act?
- Understand deepfakes and AI threats?
- Know how to ethically report a phishing scam?
- Can spot misinformation and manipulated media?

If we want a Digital India, we need Digitally Awake Citizens.

MY INITIATIVE: "CYBER RAKSHAK"

During the COVID lockdown, I saw hundreds of teenagers fall prey to:

- Online games scams
- Fake job offers
- Blackmail from strangers pretending to be friends

So, I started Cyber Rakshak — a 3-step youth campaign:

1. Decode – short comic strips explaining frauds (in Hindi, Bhojpuri, Odia)
2. Defend – free online webinars with ethical hackers and cyber lawyers
3. Disseminate – student-created reels, blog posts, and school newspaper columns

We reached 80+ schools in 7 districts.

INNOVATION BY THE YOUTH, FOR THE YOUTH

- Cyber Rakhi – A friendship pledge between siblings to protect each other digitally
- FakeBuster – A browser plugin prototype built using Python and AI, flags suspicious links
- “Don’t Click That” Game – A simple mobile quiz that helps rural teens understand phishing traps
- Cyber Case Theatre – Drama groups in schools enact real cybercrime cases and how students fought back

THE ETHICAL HACKER WHO WAS 14

- Karan, a 14-year-old from Bihar, cracked a fake scholarship site which was stealing data.
- Instead of exploiting it, he wrote to CERT-In, and the website was taken down.
- Today, he trains 200+ girls in ethical hacking basics.
- He says,
- “A real coder protects, not attacks.”

WHEN AI BECOMES A FRIEND

We’re in the age of ChatGPT, Midjourney, Sora, and smart algorithms.
But instead of fear, what if we use AI for inclusion?

- A girl from Chhattisgarh created an AI tool that translates tribal dialects into Hindi
- A boy from Odisha used AI to help fishermen predict cyclone risks with open-source data
- I created a chatbot for rural students — to explain child rights in simple Bhojpuri

Technology in youth hands isn’t dangerous.
It’s divine — when guided by ethics.

POEM: “FIREWALL OF MY DREAMS”

They said protect your heart,
But never said protect your data.
They warned of monsters in forests,
But not of those behind screens.
I build a firewall of courage,
With passwords of awareness,
Because the next revolution,
Won’t be fought in streets —
But in codes and keystrokes.

YOUTH ACTION PLAN

If you're a student:

- Form a Cyber Rakshak Club in your school
- Invite local police cyber cells for monthly "Cyber Clinics"
- Conduct Digital Citizenship Week – workshops on fake news, privacy, and AI threats
- Participate in Smart India Hackathons, National Cyber Olympiads, and National Technology Week

You don't need to be 18 to be a changemaker.
In the cyber world, your ideas are your ID card.

FINAL MESSAGE

India is not just spacefaring —
It is cyber-dreaming.
And we, the youth, are not just netizens.
We are the new guardians of Bharat's digital dharma.
If Bhagat Singh had a pen,
If Kalpana Chawla had a cockpit,
Then you?
You have a laptop. A mind. A mission.

CHAPTER 9: WHEN DREAMS DON’T HAVE DOORS THEME: DISABILITY, INCLUSION & THE UNSEEN BRILLIANCE

“DISABILITY IS NOT THE OPPOSITE OF ABILITY. IT IS A DIFFERENT KIND OF BRILLIANCE THAT THE WORLD HASN’T YET LEARNED TO LISTEN TO.”
— DR. MADAN VASISHTA, INDIAN-BORN DEAF EDUCATOR

THE DOORLESS ROOM OF DREAMS

Imagine a room. There is a dream inside — glowing, rising like a kite against the monsoon wind. But the room has no doors. No ramps. No signboards. No guides. The dream doesn't die — it stays, trapped. Silent. That's the story of thousands of children in India — full of genius, kindness, creativity, but excluded simply because their dreams don't fit the staircase of 'normal'.
In this chapter, we will journey into that room — and help break its walls.

"I EXIST. DON'T IGNORE ME." — VOICES WE NEVER HEAR

The Forgotten Statistics:

- India has over 29 lakh children with disabilities, according to the 2011 census — a number underreported due to stigma and neglect.
- Of these, only 60% attend school, and many drop out due to infrastructure or bullying.
- Less than 2% of education budgets are meaningfully allocated to inclusive learning.

But numbers are not enough. So meet:

Story: Champa Kumari – The Girl Who Signed to the Sky

Born deaf in Jharkhand, Champa was discouraged from attending school. “What will she understand?” said the village. But her mother believed otherwise. With the help of a local NGO and a retired teacher who learned sign language just for her, Champa went on to develop India’s first rural sign-language bulletin on WhatsApp — helping over 800 deaf children understand COVID-19 precautions. Champa now teaches others. Her classroom has no blackboard. Only gestures. And grace.

FROM MARGINS TO INNOVATION — WHEN CHALLENGES BECOME STRENGTHS

Children with disabilities often show extraordinary adaptability:

- Visually impaired children develop heightened auditory memory.
- Autistic youth show deep logical patterns — helpful in coding, math, and design.
- Dyslexic kids have superior spatial thinking — useful in arts, architecture, and problem solving.

Let’s meet:

Story: Samarjeet, the Boy Who Hacked His Silence

Samarjeet from Delhi was on the autism spectrum. Often silent. But once introduced to computers, he started building programs that helped non-verbal children communicate using color-coded emotions. At 13, he presented his tool “FeelIt” to a national audience. His voice now speaks through code. Inclusion isn’t about helping “them.” It’s about unlocking India’s hidden gold.

RAMP IT UP — EDUCATION FOR ALL MEANS ACCESS FOR ALL

School Realities:

- Only 8% of Indian schools are wheelchair accessible.
- Braille books are in shortage, and trained special educators are rare.

The NEP 2020 (National Education Policy) speaks of “equity and inclusion” but translating that into classrooms requires:

1. Training all teachers in basic sign and inclusive pedagogy.
2. Accessible infrastructure — ramps, audio systems, inclusive toilets.
3. Assistive tech — screen readers, Braille tablets, tactile maps.

Case Study: The Ramp Project – Bikaner

Students of a government school in Rajasthan, led by a class 8 girl whose brother was wheelchair-bound, launched a crowdfunding campaign to build a 32-foot ramp. It’s now named “Sapno Ka Seedha Raasta” (Straight Path of Dreams) — a model replicated in 19 other schools.

Inclusion is not charity. It is designing fairness.

SPORTS, ARTS, AND LEADERSHIP — THEY BELONG TOO

From Paralympic stars to inclusive theatre, youth with disabilities are building India's pride.

- Avani Lekhara, who became India's first woman Paralympic gold medalist in shooting, started at 15 after a spinal injury.
- Nirbhaya Kala Mandal — an art collective by deaf-blind artists in Kerala — stages full-length plays using movement and vibrations.
- Accessible Bharat App Challenge — young disabled coders from Pune helped build apps for wheelchair navigation inside malls and stations.

These are not 'despite disability' stories.
These are because of vision.

MY VILLAGE, MY INCLUSION

India’s heart beats in its villages. And inclusion here needs local innovation.

- In Chhattisgarh, angandwadi workers have begun using hand-drawn picture books to teach children with intellectual disabilities.
- In Nagaland, students developed a “touch-and-smell map” of the state using spices and fabrics, to teach visually impaired peers geography.

❖ Real-Life Innovation: Pushpa Didi’s Talking Trees

Pushpa, a 14-year-old tribal girl from MP, tied QR codes with voice notes on trees for blind students in her school — teaching about leaves, roots, and photosynthesis through sound.

That’s the kind of girl who redefines what “education” means.

WHAT INDIA MUST DO — RECOMMENDATIONS FROM THE YOUTH

- Disability Innovation Grants at school level — for projects led by or for disabled children.
- One Inclusive Club per School — where all students learn basic sign language, empathy, and inclusion.
- Representation in Curriculum — including heroes like Helen Keller, Arunima Sinha, Louis Braille, and India's own.
- Accessible PM Bal Puraskar — ensure all nomination and event portals are inclusive by design.

CONCLUSION: NOT HELP, BUT DIGNITY

- We must stop seeing inclusion as a favour. It is a constitutional right. A moral responsibility. And a national opportunity.
- In every silent classroom, in every overlooked child, there lies a story waiting to bloom. It's time we tear down the walls, and tell them — your dreams don't need doors. They need wings.

CHAPTER 10: SAPNO KI SANVIDHAAN — CONSTITUTION, RIGHTS, AND DUTIES OF YOUNG INDIA

THEME: CITIZENSHIP, CONSTITUTIONAL LITERACY, YOUTH RIGHTS & DUTIES

"THE FUTURE OF INDIA LIES IN ITS YOUTH. IF THEY UNDERSTAND THE CONSTITUTION NOT AS A DOCUMENT, BUT AS A DREAM MANUAL, INDIA WILL RISE BRIGHTER THAN EVER."
— JUSTICE D.Y. CHANDRACHUD, CHIEF JUSTICE OF INDIA

THE INVISIBLE INK OF FREEDOM

The Constitution of India is not merely a legal document. It is our national dream carved in 448 articles. But how many of us, as young citizens, feel it beating inside us? When we raise our voice against injustice, when we protect a tree, when we vote, or even when we say "No" to discrimination — we are upholding this Sanvidhaan.
In this chapter, we will decode the Constitution for the youth, not with heavy laws, but with lived stories, relatable rights, and real responsibilities.

JAN GAN MAN KA CONTRACT — WHY THE CONSTITUTION MATTERS TO US

A Promise to Every Child:
The Constitution promises six ideals through the Preamble:
Justice, Liberty, Equality, Fraternity, Sovereignty, Secularism, Democracy.
These aren't words on paper — they are:

- A girl in Kashmir walking freely to school = Liberty
- A Dalit boy getting admission in IIT = Equality
- Students of different religions sharing mid-day meals = Fraternity

Case Story: Aman, Age 12 – The Right to Dream Freely

In Uttar Pradesh, Aman was wrongly denied admission because of his caste. His sister, aware of the Right to Equality under Article 15, approached the District Legal Services Authority. Not only was Aman admitted, the principal was penalized.

Aman now begins every class by reading one line from the Constitution aloud. “It protects me,” he says.

RIGHTS ARE POWER TO CREATE CHANGE

The Constitution gives 6 Fundamental Rights to every Indian. But how do they work for children and teens?

1. Right to Equality (Article 14–18)
    - No discrimination based on caste, class, gender.
    - Campaign: Stop the Bias, by Class 9 students in Tamil Nadu — using theatre to break gender roles.
2. Right to Freedom (Article 19–22)
    - Freedom of speech, expression, and movement.
    - Example: Instagram reels made by Class 11 students to raise awareness about child marriage.

- Right against Exploitation (Article 23–24)
- No child can be forced into labour.
- Story: Bhola, age 13, rescued by 10 students of a government school in Rajasthan who spotted him working in a dhaba and reported it.
- Right to Education (Article 21A)
- Free and compulsory education for 6–14 years.
- Example: Mobile "Bal Vahini" libraries in Bihar started by youth volunteers.

Right to Constitutional Remedies (Article 32)

- If your rights are violated, you can go to court.
- Awareness drive: Legal literacy camps by NCC cadets in Assam.

FUNDAMENTAL DUTIES — THE OTHER HALF OF THE SANVIDHAAN

Too often, we talk of rights, but forget the 11 Fundamental Duties listed in Article 51A. For youth, these are not burdens — they are superpowers.

Key Duties for Youth:

- Respect national symbols and institutions
- Promote harmony and brotherhood beyond religion, caste, gender
- Protect environment and public property
- Value scientific temper and excellence

Story: “Duty Before Self” – Jiya from Nagaland

Jiya (age 15), after seeing trees cut near her school, began planting a tree every Sunday. Soon 400 students joined her. She calls it her “Duty March.”

She says, “I don’t wait for Independence Day to be patriotic. Every day is my Constitution Day.”

CONSTITUTIONAL HEROES — TEENS WHO LIVED THE PREAMBLE

- Shravan from Maharashtra – Created a Braille Constitution for visually impaired students. Age: 14
- Noor and Veer from Delhi – Created a comic strip called “Sanvidhaan Ki Kahani” for younger children
- Meenakshi from Tamil Nadu – Filed an RTI against a school that denied toilets to girls, invoking Right to Dignity
- Yuva Sanghas — Peer-led legal aid clubs in Odisha and Jharkhand helping peers understand their rights and file complaints

YOUTH PARLIAMENTS & BAL PANCHAYATS — DEMOCRACY IN ACTION

- Youth Parliaments in schools allow students to simulate Lok Sabha debates
- Bal Panchayats in over 13 states like MP, Bihar, Maharashtra allow children to raise issues before local leaders
- Bal Sansads in villages decide on issues like girls' education, toilets, school lunches, and even local elections!

Story: "Our Parliament, Our Village" — Bal Panchayat of Rampur

Children between 10–16 in Rampur hold regular elections and debates. In one resolution, they passed a rule: "Every girl must study till Class 12 or the boy loses mobile rights."

Constitutional democracy — redefined with humor and heart.

WHAT WE DEMAND — CONSTITUTIONAL LITERACY FOR ALL

India needs a movement of “Sanvidhaan Sainiks” — youth who carry the Constitution in heart and action.

Recommendations by Youth:

- Constitution clubs in every school
- Children’s version of the Constitution in every language and format (Braille, audio, comic)
- Monthly “Rights Day” assemblies
- Recognition for “Best Young Citizen” at district level

CONCLUSION: “WE, THE YOUNG PEOPLE OF INDIA…”

We don’t just read the Constitution. We live it every day — in our resistance, our kindness, our awareness, and our courage.

Let’s not wait to turn 18 to be good citizens. We already are.

“Main Bharat Hoon. Mera Sanvidhaan, Mera Swabhimaan hai.”

(I am India. My Constitution is my identity.)

CHAPTER 11: OPERATION YUVA BHARAT — NATIONAL SECURITY AND YOUTH'S SILENT REVOLUTION

THEME: REDEFINING NATIONAL SECURITY THROUGH CULTURAL STRENGTH, CYBER VIGILANCE, AND YOUTH ENGAGEMENT

"TRUE NATIONAL SECURITY IS NOT JUST ABOUT WEAPONS AND WALLS. IT IS ABOUT AN AWAKENED CITIZEN — ALERT, UNITED, AND ROOTED IN CULTURE."
— DR. A.P.J. ABDUL

THE INVISIBLE SOLDIERS

When we hear "national security," we imagine soldiers at borders, radars, warships, and tanks. But in today's world, security is also:

- A teenager stopping fake news from going viral.
- A student coder detecting a phishing scam.
- A girl safeguarding her culture in a world of erasure.
- This chapter explores how India's Yuva Shakti (youth power) is becoming the silent, invisible backbone of our nation's security — culturally, socially, digitally, and strategically.

WHAT IS NATIONAL SECURITY IN THE 21ST CENTURY?

❖ It is not just military power anymore.
India's security is:

- External: Borders, wars, terrorism
- Internal: Communal harmony, law & order
- Digital: Cyber warfare, data protection
- Cultural: Unity in diversity, defense of values
- Environmental: Climate security, disaster resilience

❖ Why Youth Must Lead

With over 65% of India’s population under 35, no security policy is complete without youth at its core.

Security now needs:

- Youth alert to misinformation
- Young technocrats in cyber defense
- Cultural protectors of heritage and unity

CASE STUDIES — THE HIDDEN HEROES

1. Cyber Rakshak – Sanya from Bhopal (Age 16)

She exposed an Instagram scam that was collecting student data. Later, she started "Cyber Buddies" — peer clubs that educate kids on phishing, privacy, and OTP fraud.

2. Unity Squad – Rajbir, Insha, Tenzin, and Dominic

A team of Class 10 students from different faiths started a WhatsApp helpline that resolves local conflicts and promotes communal harmony.

Their motto: "We may pray in different languages, but we cry and laugh the same."

3. The Bhagat Singh Hackathon (Delhi NCR)

An inter-school cyber defense event where teens build apps that secure mobile devices, track hate speech, and flag suspicious links.

4. Culture Guards – Folk Revival in Kerala

A group of students began documenting oral traditions, songs, and dances of tribal communities. When asked why, they said, "When you lose your song, you lose your shield."

CULTURE AS SECURITY — WHY HERITAGE PROTECTS A NATION

"When the roots are deep, the storm doesn't matter."

National security is not just about preventing bombs. It's about preventing the soul from being hollowed out. Youth are taking charge:

- Preserving endangered dialects
- Reviving lost festivals and crafts
- Documenting temples, mosques, shrines with shared histories

Example: Sanskriti Suraksha Sena
Started by NCC cadets in Jharkhand, this group maps cultural sites, interviews local elders, and creates digital archives. The Army felicitated them on Republic Day.

ENVIRONMENT & DISASTER RESPONSE — YOUTH ON THE FRONTLINES

- In Assam, flood warriors (aged 13–17) mapped rising water levels and helped villagers evacuate.
- In Tamil Nadu, cyclone alerts were translated into local dialects by youth for faster understanding.
- NCC and NSS volunteers are now part of local disaster response teams.

Story: "I didn't save lives; I saved my Bharat." — Poonam, Class 11, after pulling 3 kids out of a flood zone using ropes she learned in NCC camp.

INNOVATION & TECH IN SECURITY — INDIA'S STUDENT SCIENTISTS

- DRDO has launched internships for teens to submit security tech models.
- IIT Bombay's "Yuva Raksha" initiative trains school students in ethical hacking basics.
- Students built a drone that detects landmines using AI, and it's being considered by the Indian Army.

Notable Projects:

- Vigyan Rakshak – A real-time fake news scanner built by 15-year-olds in Hyderabad.
- EcoSentinel – An app that tracks illegal deforestation via satellite by a student team from Uttarakhand.

BUILDING SECURE HEARTS — MENTAL AND EMOTIONAL STRENGTH

- India's security is not just outer. It is inner — the mental strength of its children.
- "Operation Karuna" in Punjab: Peer counseling for exam stress
- "Sanrakshan Circles" in Gujarat: Girls teaching self-defense and emotional safety
- "Digital Daya" in Delhi: Students offering tech help to senior citizens to protect them from scams
- Story: A soldier's daughter, a nation's protector
- Ananya's father died in the Galwan clash. She now teaches meditation and emotional intelligence to NCC cadets, saying,
- "A calm mind is a bulletproof vest."

THE STRATEGIC DREAMS OF OUR YOUTH

From Ladakh to Lakshadweep, students are now dreaming beyond jobs — they are dreaming security-linked dreams:

- I want to be a cyber warrior who defends India's data
- I want to be a peace negotiator who stops future wars
- I want to be an AI researcher who creates Bharat-first tech
- I want to be a cultural diplomat who defends India's image globally

Quote by a Class 9 student:
"The border is not just a place. It is a feeling. And I defend it with my thoughts, my skills, my truth."

WHAT INDIA NEEDS — POLICY SUGGESTIONS BY YOUTH

- National Cyber Literacy Mission starting at Class 6 level
- Cultural Cadet Corps to promote heritage-based patriotism
- National Youth Security Council to advise on youth inclusion in defense and disaster planning
- Gamified Sanvidhaan Modules to teach youth about constitution-based defense

CONCLUSION: YUVA SENA — THE NEW SOLDIERS OF BHARAT

India’s youth may not wear uniforms, but they:

- Guard our culture,
- Protect our peace,
- Fight in the digital trenches,
- And plant the seeds of future strength.

This is Operation Yuva Bharat.

Not a war.

A silent revolution of spirit, science, and sanskaar.

"Jahan ek yuva satya ke saath khada hota hai, vahan Bharat kabhi jhukta nahi."

(Where one youth stands with truth, India never bends.)

CHAPTER 12: OPERATION EK BHARAT — THE UNITY DOCTRINE

THEME: UNITING HEARTS, HISTORIES, AND HORIZONS FOR A STRONGER BHARAT

"INDIA IS NOT A PIECE OF LAND. IT IS A LIVING SOUL — CARRIED IN MILLIONS OF HEARTS, SPOKEN IN A THOUSAND TONGUES, AND STILL BREATHING ONE DREAM."
— SARDAR VALLABHBHAI PATEL

A NATION LIKE NO OTHER

India’s story is not just about wars won or borders drawn — it is about the unbreakable unity of:

- 22 official languages
- 6 major religions
- 700+ tribes
- 1.4 billion citizens

Despite centuries of invasions, colonization, partition, and modern political turbulence, Bharat stood united — not by force, but by faith in shared civilizational values.

THE HISTORIC MISSION OF EK BHARAT

❖ Sardar Patel’s Iron Dream

He unified 562 princely states with a pen, a vision, and sheer resolve — without war. His dream? A culturally diverse yet strategically unified India.

❖ Tagore’s Cultural Federalism

Tagore saw India not as one melody, but a symphony of many ragas. His vision was not uniformity, but unity in deep diversity — where every state was a stanza in Bharat’s eternal poem.

❖ Gandhi’s Doctrine of Inclusion

He taught that true strength is in standing together, whether you’re a Dalit in Bihar, a Christian in Kerala, or a Sikh in Punjab.

MODERN CHALLENGES TO UNITY

India today faces new fragmentations:

- Linguistic tensions
- Caste-based politics
- Religious polarization
- Regional separatism
- Digital echo chambers

These are not just social issues, but national security threats. Because the first crack of a broken nation is always emotional.

THE NEW SOLDIERS OF UNITY — YOUTH INITIATIVES

1. "Rashtra Geet Paathshala"
Students from different states read each other's regional literature and sing each other’s folk songs. It turned into a cultural exchange festival.
2. “Unity Library Van” in Manipur
Youth volunteers created mobile libraries of multilingual books and visited violence-affected areas. They said,
“When we read each other's stories, we stop fighting each other’s identities.”
3. “Mandir, Masjid, Gurdwara, Church Rally”
An interfaith NCC march across 13 cities promoting communal harmony. Each cadet pledged:
“I may pray differently, but I protect the same India.”

NATIONAL PROGRAMS AND YOUTH PARTICIPATION

❖ Ek Bharat Shreshtha Bharat Program

- Youth from North East visit Gujarat and vice versa
- Exchange of language, food, dress, and stories
- Poetry competitions on “One India — Many Souls”

❖ Yuva Sangam by Education Ministry

- Students from IITs and NITs visit culturally distinct states
- Learn traditional art forms, stay with local families

❖ Digital Bharat Unity Challenge

A hackathon where youth created apps to promote regional languages, shared history, and folk stories.

UNITY IN EMERGENCIES — NATURAL & NATIONAL

Whenever disaster strikes, India's youth rise together:

- During Kerala floods, teens from UP sent supplies, letters in Malayalam
- After the 2025 Pahalgam attack, students from 18 states held vigils across religions
- During COVID-19, students translated safety info into 40+ dialects

“Disasters don’t divide. They reveal the truth — that we are one.”

EDUCATION FOR UNITY — A NEW VISION

"We don't just need textbooks. We need texthearts."
To strengthen national security through unity, education must:

- Teach comparative history of states
- Celebrate shared festivals like Pongal, Bihu, Eid, and Guruparab together
- Promote multi-lingual literacy from Class 3
- Make Unity Projects mandatory in schools — documenting diversity, resolving conflicts, promoting inclusion

A POETIC INTERFAITH DREAM — ‘EK BHARAT MANDIR’

A student collective has proposed a symbolic monument called Ek Bharat Mandir, where:

- Quran, Geeta, Guru Granth Sahib, Bible, and Buddhist sutras will be engraved side by side
- Each pillar will be made from soil of different Indian states
- National Anthem will play in 22 languages

“This Mandir will not house a god, but an idea — India.”

FAMILY STORIES OF UNITY

❖ My Grandmother's Quran
Rukmini Devi, a Hindu woman in Varanasi, kept a 70-year-old Quran safe during 1992 riots.
She said:
"A holy book is not Muslim or Hindu. It is sacred because someone wept while reading it."

❖ The Langar of Love
A young boy in Odisha cooked for 500 cyclone-affected people in a Gurudwara kitchen.
When asked, he said:
"I never saw the people's religion. I saw their hunger."

CONCLUSION: OPERATION EK BHARAT — THE STRATEGIC SANJEEVANI

We often think tanks and satellites guard us. But what really guards India is:

- A Muslim friend tying rakhi to a Hindu soldier
- A Tamil boy celebrating Onam in Kashmir
- A Buddhist monk blessing a Christian's wedding

Unity is not idealism. It is infrastructure.
Without it, national security collapses from within.
Let’s remember:
“The strongest walls are not built from bricks, but from belief — belief in each other.”
And so, Operation Ek Bharat is not a campaign.
It is the soul of Bharat walking with every citizen, every student, every soldier.

CHAPTER 13: “SAPNO KI SANVIDHAAN” - THE CONSTITUTION OF OUR DREAMS

"THE CONSTITUTION IS NOT JUST A DOCUMENT OF LAW—IT IS THE SONG OF EVERY INDIAN DREAM."
— DR. B.R. AMBEDKAR

Overview:
This chapter brings together every thread—women's rights, child development, constitutional duty, youth participation—and ties them with powerful stories of children who live the values of the Constitution even before they read its preamble.

HER NATION, THEIR FUTURE, MY VOICE — A POETIC MONOLOGUE OF A YOUNG CHANGEMAKER

They called me small—just a child, just a girl,
But I carried in my palms the dreams of this world.
Where others saw play, I saw plans to be drawn,
In the cradle of hope, a new Bharat was born.
I walked with my mother to fetch the flame,
Of strength in silence, of pride without name.
She bore the world in her womb, uncelebrated,
While the soil beneath her feet went consecrated.
My sister was married before she could read,
But her dreams were louder than fate or need.
And my brother, denied by birth and class,
Taught me courage in a nation of glass.
I met the girl who coded at night,
In the village where they cut the light.
Her fingers typed what the world ignored,
"Girls can change the motherboard."
I heard the story of a mute child's tears,
Whose paintings shattered ministers' fears.
Who spoke in colors when denied a voice—
And made silence her canvas of choice.
I have learned from books, but more from pain,
From underfed minds and monsoon rain.
That justice is not just in courts and law—
It is in how we raise the least of all.
So let the ministers draft and debate,
I'll build schools before it's too late.
Let policies flow on red-taped scrolls,
I'll light lamps in abandoned souls.

This book is no fiction, it bleeds and it breathes,
It cries from the cracks of forgotten wreaths.
Each story inked in a mother's sweat,
Each fact a vow we haven't kept.
And yet—
There is a Bharat in every child's eyes,
That rises even when the tricolor cries.
There is a woman in every seed of change,
Who bends the bars of every cage.
I do not write to please or plead,
But to carve out justice from the creed.
My pen is not a child's toy,
It's a torch, a trumpet, a truth alloy.
Call me dreamer, but I draft with might,
A Constitution lit by childhood's light.
No article or clause shall cage my fate,
I'm the preamble this land must create.
So hear me, O nation, not just for applause—
But for reform, rebirth, and just cause.
This voice is not soft, it's sovereign, immense—
It's not your future. It's your present tense.
I am the girl you ignored at the gate,
I am the child who rewrites your state.
I am not asking. I'm ready to lead—
With wounds as my weapon, and books as my creed.
From Anganwadi corners to cyberspace,
From dusty farms to policy place,
I rise—on behalf of every unheard name,
To kindle a future from this flickering flame.
This isn't the end. This is the voice.
Her Nation. Their Future. And My Choice.

AFTERWORD

As we reach the end of this collection, it is important to remember that the stories within these pages are more than narratives—they are reflections of reality. Women and children across the world, and especially in our communities, face challenges that often remain hidden from the public eye. These stories shed light on the struggles, the courage, and the unwavering spirit that defines their lives.

Writing this book has been a journey of understanding, empathy, and reflection. Each story presented here carries a dual purpose: to reveal the hardships faced by women and children today and to highlight the strength and resilience that allows them to rise above these challenges. From the quiet courage of a mother protecting her child to the determination of a young girl pursuing her dreams despite obstacles, these narratives remind us that hope is not lost, even in the darkest of circumstances.

The real power of these stories lies not just in the depiction of struggle but in the emphasis on solutions. Education, awareness, community support, and the courage to speak out are pathways toward empowerment. Every reader has the ability to contribute to this change—through empathy, advocacy, or small acts of kindness.

I hope that as you close this book, you carry forward not only the memories of these stories but also the lessons they impart. Let them inspire you to act, to support, and to stand beside those who face adversity. A society is truly measured by how it treats its most vulnerable, and together, through awareness and action, we can create a world where women and children can live with safety, dignity, and hope.

May these stories continue to resonate long after the last page is turned, motivating each of us to nurture compassion, advocate for justice, and foster a future where courage and resilience are celebrated, and silence is transformed into a voice that can change the world.

ACKNOWLEDGEMENTS

This book would not have been possible without the guidance, inspiration, and support of many individuals who have shaped my understanding of the world and encouraged me to share these stories.

First and foremost, I am deeply grateful to the women and children whose experiences inspired this book. Your courage, resilience, and hope are the true heart of these stories. Though I can only capture a fraction of your struggles and triumphs, it is your voices that make this work meaningful.

I would like to thank my family for their unwavering support, encouragement, and patience. Your belief in my dreams has given me the confidence to pursue this project and bring these stories to life.

My teachers and mentors have been invaluable guides, offering advice, motivation, and knowledge that helped me refine my understanding of the issues discussed in this book. Your guidance has been instrumental in shaping the perspective and empathy necessary to write these stories responsibly.

I am also grateful to social workers, activists, and community members whose tireless efforts for women's and children's rights have been an inspiration. Your dedication reminds us all that meaningful change is possible when we act with compassion and determination.

Finally, I thank every reader who picks up this book. Your willingness to engage with these stories, reflect on the challenges faced by women and children, and carry forward the lessons of empathy and action is what can truly transform society.

To all of you, this book is a humble tribute to your courage, your guidance, and your inspiration. Thank you for helping turn these stories from words on a page into a call for understanding, hope, and change.

ABOUT THE AUTHOR

Prem Priyank is a 15-year-old student from Sukhpur Village, Bihar, India. From a young age, he has been deeply moved by the stories of people around him—especially the struggles and resilience of women and children.

With a keen sense of empathy and a passion for storytelling, Prem has written this book to give voice to those whose experiences are often overlooked. Through Shadows and Sunlight, he seeks to raise awareness, inspire action, and highlight the courage and hope that exist even in difficult circumstances.

Despite his young age, Prem believes in the power of words to create change. He hopes that readers of this book will not only understand the challenges faced by women and children today but will also feel motivated to contribute to building a safer, more compassionate, and equitable society.

When not writing, Prem enjoys reading, learning about social issues, and spending time in his village, observing and reflecting on the world around him.

AUTHOR'S DREAM

Through this book, my dream is to awaken understanding and empathy in every reader—whether they live in bustling cities, small towns, or rural villages. I hope that leaders, policymakers, and ordinary citizens alike will recognize the struggles faced by women and children today, and take responsibility to create safer, fairer, and more compassionate communities.

Sometimes, we forget that these challenges are not distant problems—they can touch anyone. A mother, a sister, a daughter, or a young girl we know could face the very struggles described in these stories. By sharing these experiences, I hope to remind people that awareness is the first step toward protection and change.

My vision is a world where everyone—regardless of age, gender, or status—understands the importance of empathy, respect, and action. A world where no woman or child has to endure injustice silently, and where society stands united in support of those who need it most.

This book is my small contribution to that dream—a call for understanding, courage, and collective responsibility.